

MINUTES OF THE VANCOUVER AREA SOCCER REFEREES ASSOCIATION

Held: Monday, September 28, 2009 at South Burnaby Metro Club, Burnaby, B.C.

President:	Marc Bowley	(604) 278-9302	(marcbowley@primus.ca)
1 st V-President:	Philip Leung	(604) 723-1823	(philip.c.leung@gmail.com)
2 nd V-President:	John May	(604) 298-2561	(johnmay429@hotmail.com)
Secretary:	Bill McNaughton	(604) 986-4529	(wmcnaughton@blgcanada.com)
Treasurer:	Ron Schaeffer	(604) 922-6628	(ron_schaeffer@hotmail.com)
Directors:	Mauricio Navarro	(604) 253-0042	
	José Fraugas	(604) 929-0736	(fraguas@shaw.ca)

FOUNDED 1969

Call to order: 7:18 p.m.

GUESTS WELCOMED: none

NEW MEMBERS WELCOMED: Iman Ehteshami

ADOPT AGENDA: On motion by Claudio Agostino-Santos, seconded by Art Duran, M/S/C.

MINUTES OF August, 2009 MEETING: Minutes of the August 2009 meeting were previously circulated by email and were adopted on a motion also by Claudio Agostino-Santos, seconded by Art Duran, M/S/C.

BUSINESS ARISING FROM MINUTES: None except see below re the Christmas Referee's Party.

EDUCATION: Our guest speaker was **Dan Haggart**, a physiotherapist with City Sports & Physio:

- Dan has an active soccer background. He was captain of the UBC Soccer team, won a national college championship with Capilano College, graduated with his physiotherapy degree from UBC, and has worked as a physio for BC Soccer, for the UBC Soccer program, and for the Canadian Olympic Soccer team.
- Dan gave us presentation on Warm-up, Stretching and Injury Prevention using PowerPoint slides and video. He covered: types of stretching (dynamic, conform (pre/post activity), slow static stretches, facilitated (PNF) stretching and soft tissue work), the debate over to stretch or not (you should and you should do it right of course), the anatomy of a proper warm-up (general, joint lubrication, lower & upper core, lower leg and ankle, CNS/speed work, muscle-tendon warm-up, and the use of stretches), activity specific work for soccer, and finally myofascial release ball therapy. Dan had some balls with him and demonstrated a number of the techniques.
- Dan works at City Sports & Physio clinic located at #420 – 890 West Pender Street in downtown Vancouver. You can reach him at 604-606-1420 or dan@citysportsphysio.com and you can check out the City Sports website at www.citysportsphysio.com for the line of DVD's they have produced in the Fit to Play series for your own set of warm-up exercises. VASRA has one of the DVD's on warm-up technique's in our library.
- After a number of questions, the meeting gave a warm round of applause and thanks to Dan for his presentation.

LEAGUE ITEMS:

- Burnaby Men's League: Joe Ciresi advised that things were going well and please keep up the good work. Contact Dante Maglio [(604) 522-0191] if you wish to get some games.
- Metro Women's Soccer League: John Jukes sent his regrets at being unable to attend. Sandro Girardi advised that a notice has gone to all teams from the League warning about jewelry (not allowed). Please get your referee reports in promptly. The reporting mechanism is on-line and the reports are easy to do on-line. The scheduler is Bob Allan. Contact Bob if interested in getting some games.

TREASURER'S REPORT: Ron Schaeffer advised our current account situation was: Chequing Account \$4,919.62 and GICs \$5,500.00. Ron responded to some questions on the sources of our funding: sources are Beach Blast, membership dues, 50/50 draws, merchandise sales (cards, etc.).

REFEREE ASSOCIATED REPORTS

BCSRA EXECUTIVE:

- Elvio Chies had a written report handed out at the meeting but also reminded people that membership renewals are now taking place. Membership gift this year is a coin to commemorate the 40th anniversary of the RA's founding. He requested all members assist in reminding others to get their renewals in. Fall Council will be on Saturday, December 5, a morning only session with lunch provided and the location is TBA.

CSA REFEREE COMMITTEE: No report.

BC SOCCER REFEREE DEVELOPMENT COMMITTEE: Jose Branco was unable to attend but Bill McNaughton advised that BC Soccer has sent a letter of support to BC Sports Hall of Fame regarding Werner Winsemann's nomination; and that John Nielsen, Bob Sawtel and Jose Branco had attended from BC at the FIFA Futuro III course and will be using the materials from that course in the future for referee education items.

NEW BUSINESS:

- Bill McNaughton reminded all to get their refresher course done, see the BC Soccer website for locations;
- Reminder for the Xmas party. The party is not only for referees but also for their friends and family. There will be lots of room in the new hall that we are utilizing. It will be a great time AND THE PARTY **WILL** GO AHEAD! Buy tickets from Marc or any of the Executive. There will be some big door prizes this year including a flat screen television and DVD player. More door prizes are likely. Tickets are available now at \$40 each. The party takes place on November 20, 2009. We had no party last year because of the lack of the support but the membership indicated they wanted a party this year. We are planning a big party so please ensure you get out and support us and bring out all of your friends and significant others. This also includes referees who are not VASRA or BCSRA members. We want the party to be open to all referees and their friends.
- John Van Manem brought up about time wasting observed in local parks. Watch out for this and do not put up with it. Players are using a number of sneaky maneuvers like deliberately taking a throw-in from the wrong spot just so it will be called and the throw-in repeated.
- Through the Whitecaps tickets we have at VASRA we have been given the chance for reserving up to seven other seats for the Whitecap's MLS first season. If you would like to take advantage of this opportunity then contact Marc Bowley (contact info at the top of these Minutes).

The 50/50 draw and the raffle for Whitecap's tickets was held and the meeting adjourned at 8:30 p.m.

**NEXT REGULAR MEETING WILL BE HELD: MONDAY, October 26, 2009 @ 7:00 P.M.
AT THE SOUTH BURNABY METRO CLUB**